

## Stanly County Senior Services Department

# Center Piece



Printed compliments of Stanly Community College

May/June 2014

### Senior Spirit Day EE Waddell Center

**Tuesday, May 20, 2014 10-2pm**

Come join us for our annual Senior Spirit Day at the EE Waddell Center. The event starts at 10am and a free lunch is included with the day's activities. Performing this year is the Kenya Safari Acrobats. These artists learned their craft on the beaches of Kenya as a way to escape their improvised country. They perform a non-stop ride of gravity-defying human pyramids, balancing, tumbling, limbo dancing, hurling through hoops and breathtaking contortions, all while clapping to a joyful Benga beat. They have a unique and eye-popping blend of traditional arts and circus skills in classic African style.

**RSVP by Wed., May 14th at 704-986-3769.**



This project receives support from the NC Arts Council, a division of the Department of Cultural Resources.



[www.ncarts.org](http://www.ncarts.org)



### Senior Center Closing

The Senior Center will be closed Monday, May 26th for Memorial Day.

### Big Room Cancellations

All big room activities are cancelled starting at 5:00pm on Monday evening, May 5th, and all day on Tuesday, May 6th, due to Primary Elections.

If a Second Primary is held, all big room activities will be cancelled from 5:00pm on Monday, June 22 and all day on Tuesday, June 23.

## May is Older American Month

HEALTHY

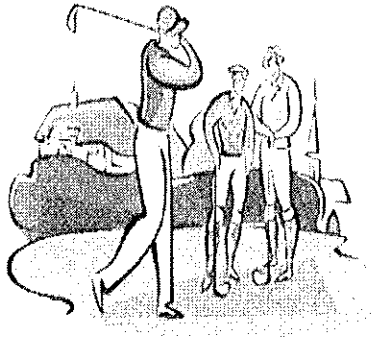
OLDER AMERICANS  
MONTH 2014

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can stay safe and healthy. The Senior Center offers FREE classes such as Matter of Balance, Healthy Living with a Chronic Disease and Healthy Living with Diabetes. You are encouraged to attend these classes and learn how to be **SAFE TODAY, HEALTHY TOMORROW.**

# Upcoming Events



## **12th ANNUAL UWHARRIE LAKES GOLF CHAMPIONSHIP**

It's not too late to support the Friends of the Senior Center on Tuesday, May 6th at Tillery Tradition Country Club. Format is 4-Man Captain's Choice. Registration is from 11am-12:15pm, a catered lunch will be provided from 12:15p-1pm with a Shotgun Start at 1pm. Entry fee is \$55 per player or \$220 per team and includes all green fees, carts, practice balls, and lunch. Entry forms are available at the Senior Center and must be received by May 2nd. Entry forms will be accepted on a first come first served basis. Awards will be given for 4 closest to Pin award, longest drive, \$10,000 prize for a Hole In One on designated hole.

## **UWHARRIE SENIOR GAMES PARTICIPANTS AND MEDAL WINNERS**

Congratulations to all of the Uwharrie Senior Games medal winners for this year! This year's games are still being played at the time of printing and so not all of the names of the participants and winners are known. However, those who won a medal locally, you are congratulated. For those who go on to the State Games in Raleigh, you are wished much success. And finally, to all the participants who played in the Games this year, you are saluted for striving to keep your body, mind and spirit fit while enjoying the company of family and friends. This is what Senior Games is all about!

## **MATTER OF BALANCE (MOB) CLASS**

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. MOB is an award-winning, evidence based program designed to manage falls and increase activity levels. In this class you will learn to view falls as controllable, set goals to increase activity, make changes to reduce falls and exercise to increase strength and balance. Who should attend this class? Anyone concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen in the past, and anyone who has restricted activities because of falling concerns. The date for this class has not been scheduled at this time but names are being taken of those interested in attending. This 4 week class will meet two times a week for 4 weeks. Please register so that you will be called when the next class is scheduled. Space is limited.

## **GET CONNECTED (Senior working with Seniors)**

A student from Graystone Charter School will be teaching a series of classes on technology starting in August and continuing through the school year. He will be teaching a beginner class on Email (how to set up, send and receive emails, etc.) on August 6th at 10am and a class on FaceBook (the ins and outs) on Aug. 7th at 10am. Both classes will be taught at the Stanly County Commons 1000-19 N. First Street, Albemarle. The other classes have not been scheduled yet (since the student's school schedule is not known) but will include a class on On-Line shopping (Amazon); Kindle; Kindle Fire; Iphone and Ipad. These classes will be in our newsletter along with the dates/times and location. Please call 704-986-3769 to register for the Email and FaceBook classes. There is limited seating for these classes.

## **MAY HIGHLIGHTS**

**LADIES LUNCH BUNCH**—We will meet Thursday, May 8th (which is the 2nd Thursday in the month) at 11:30am at Badin Tree House 24 Fall Rd. Badin. If anyone needs a ride from the Senior Center please let us know. All ladies welcome!!

**SINGLES SUPPER CLUB**—The Club will meet Friday, May 9th 6:30 at Mazatlan Mexican Restaurant, 1900 Hilco St. in Albemarle. RSVP to 704-986-3769 by Friday before. All singles welcome!

**MAY MONTHLY LUNCHEON & PROGRAM**—Join us on Thursday, May 22nd for luncheon & program which is being sponsored by Community Home Health and Hospice. Jan Goetz, RN, and registered Advance Directive Facilitator from Community Home Health and Hospice will be sharing very valuable information about Advanced Care Planning, the importance of having such documents prepared and how Hospice can assist people who are at the end of their life. She will have advanced directives available for people to fill out that day or to take home with them to be filled out later. Lunch will be pepper steak with gravy, rice, green beans, roll and dessert. Lunch will be \$3/person. Please RSVP Friday, May 16th.

**BINGO**—Bingo will be sponsored by Bob Panek from Humana and will be played Monday, May 19th at 3pm. This month's Bingo will be played a week later due to Memorial Day closing. Please call to register by Friday, May 16th.

**VETERANS CLUB**—The club will meet Tuesday, May 27th at 9am at the Senior Center. Bethany Woods will be providing the breakfast. Please RSVP by Friday before. Any veteran is welcome to join!

### **STAMMTISCH**—

The German Speakers group will meet Wednesday, May 28th at 3pm. All individuals who speak German are welcome to attend!

## **JUNE HIGHLIGHTS**

**LADIES LUNCH BUNCH**—We will meet Thursday, June 5th at 11:30 at Rosebair, 528 Wiscassett St., Albemarle. Please RSVP the Friday before. All ladies welcome!!

**SINGLES SUPPER CLUB**—The Club will meet Friday, June 13th at Off The Square, 114 S. Second St., Albemarle. Please RSVP Wednesday before. All singles welcome!

**JUNE MONTHLY LUNCHEON & PROGRAM**—This month's luncheon will be Thursday, June 26th at 11:30am. Please RSVP by Friday, June 20th. Lunch will be chicken salad, whole wheat bread, lettuce and tomato, pasta salad, and banana pudding for dessert. The cost is \$4 per person. Rev. Sherri Barnes, associate director for university and church relations for Pfeiffer University and associate pastor for The Village Church will be here to present a program on hymns. Like stories from the Bible hymns have stories that reflect biblical lessons or personal experiences of the hymnist or lyricist. She will explore the stories behind some of our favorite hymns, sing together and share these treasures that make up our faith.

**STAMMTISCH**—The German Speakers group will meet Wednesday, June 25th at 3pm. Anyone who speaks German is welcome to come!

**BINGO**—Bingo will be sponsored by Bob Panek from Humana and will be played on Monday, June 30th at 3pm. Please RSVP by Friday, June 27th.

**VETERANS CLUB**—The club will meet Tuesday, June 24th at 9am at the Senior Center. Any veteran is welcome to join the group. Bethany Woods will be providing the breakfast. Please RSVP the Friday before.

# TRIPS



## WOHLFAHRT Haus Dinner Theatre

Thursday, June 12th

\$79/person

### Lunch and Matinee performance

Can a big girl with big dreams and even bigger hair change the world? It's 1962 in Baltimore, and the loveable plus-size teen Tracey Turnblad has only one desire – to dance on T.V. When her dream comes true, Tracy is transformed from social outcast to sudden star. She must use her newfound power to dethrone the reigning Teen Queen, win the affections of heartthrob Link Larkin, and integrate a TV network, all without denting her over-sized 'do! The Tony Award-winning Best Musical! Payment due at time of registration. Depart at 8:30am Return at 8pm (dinner (on your own) before returning home

Trip includes round trip motor coach transportation, 3 course lunch, matinee production, driver gratuity and all taxes and fees. Deadline to register and cancel is Friday, May 23rd. Any cancellations made after this date can not be refunded.

## Blumenthal Performing Arts Center

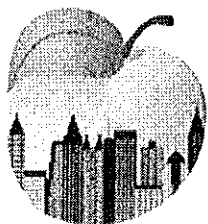
Thursday, July 17, 2014

\$89/PERSON

Porgy and Bess follows Porgy, a disabled beggar in Charleston, SC, as he falls in love with a woman named Bess and tries to rescue her from her jealous, violent, drug-dealing boyfriend. The show interweaves drama, mystery, romance and music to tell the story of the two



lovers and those around them. WINNER OF THE 2012 TONY AWARD FOR BEST REVIVAL OF A MUSICAL. Trip includes travel to Concord Mills for shopping and dinner (on your own), theatre admission, motorcoach transportation, driver gratuity and all taxes. Trip cost due at registration. Departure time 2:00pm. Arrive time back to Sr. Center 11:00pm. Deadline to register/cancel is June 6th. Any cancellations made after this date can not be refunded.



## Fabulous Georgia Getaway

June 16th-18th

Cost: \$349.00

Deadline to register & cancel: Friday, May 9th

\$100 Deposit Due at registration

Explore the Metro of Atlanta & Enjoy the Village of Alpine Helen

*See sights such as, Olympic Centennial Park, The Fox Theater, The Swan House and Governor's Mansion, The High Museum of Art and more. Enjoy the excitement of watching the 2013 NL-East Division Champions Atlanta Braves playing at Turner Field! With ten million gallons of fresh and marine water, you will experience everything from whale sharks and beluga whales, to an action packed 4D Theater at The Georgia Aquarium. Then you will be whisked off to explore Helen, which is a re-creation of a Bavarian village complete with cobblestone alleys and old-world towers & Shops.*

Trip Includes: 2 Night Hotel Accommodations to include: Evening Receptions at your Hotel including Hot Food & Spirits 2 Breakfasts at your Hotel **Guided Tour of Atlanta, Atlanta Braves Baseball Game at Turner Field!** Ticket Includes a \$10 Food Credit, **Admission to the Georgia Aquarium**, time to explore **Alpine Helen, GA.** Standard Taxes, Meal Gratuities & Baggage Handling and Deluxe Motor Coach Transportation and Driver Gratuities.

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ALL Payments for Classes, Trips & Trip Deposits are expected at the time of registration. We are glad to accept: Visa, Mastercard, & Discover.  
 .....

**Remember, for any trip...If you need special accommodations to let us know. Examples of special accommodations: smoking room (all rooms are non-smoking unless requested), handicapped seating at a show or a diabetic meal etc.**

Our

book club continues to grow but we have room for you. We provide the book so you don't have to purchase them. Everyone enjoys an easy and fun discussion before everyone goes to lunch at a different location each month. Visit us some time!

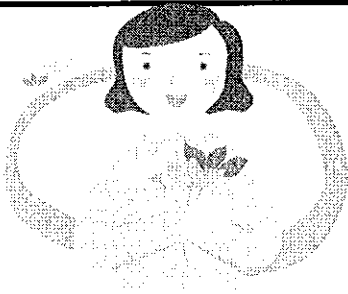
**May 7<sup>th</sup>** at 10:30 we will discuss *The Bootlegger's Daughter* by Deborah Knott. The daughter is an attorney running for public office while trying to solve a cold case, a murder.

**June 4<sup>th</sup>** at 10:30 we will discuss *Bel Canto* by Ann Patchett. Somewhere in South America at the home of the VP, a lavish birthday party is being held. In attendance is a most revered opera singer. Terrorists take over and hold everyone captive.

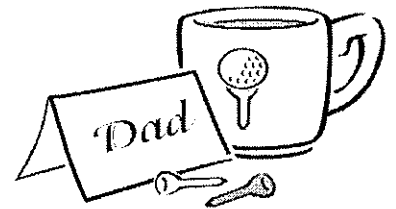
**July 2<sup>nd</sup>** at 10:30 we will discuss *A Land More Kind Than Home* by Wiley Cash. This is a tale of courage in the face of cruelty and the power of love to overcome the darkness.

### Have you lost some family pictures?

Some family pictures were found in some books that were donated to the Senior Center Library recently. Since these pictures are priceless to the family that lost them, we want to make sure that the rightful owner gets them back. There are about 20 pictures, mostly black and white, with dates on the back from the 1930's and forward. A few of the pictures have notes written on the back such as "Daddy Cashalt (sp?) and Mick; Bud and Evelyn Jones' beach (White Lake Aug, 1937). The pictures are in the lobby for people to examine. If you know who these pictures belong to or recognize someone in the pictures, please let us know. Thank you for your help.



Happy Mother's Day on May 11, 2014  
And  
Happy Father's Day on June 15, 2014  
Enjoy YOUR Day!!!



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Strawberries are almost ripe. Enjoy this recipe that uses fresh strawberries (or frozen if that is what you have!)

### FRESH STRAWBERRY UPSIDE DOWN CAKE

- 2 C. crushed strawberries (juice and all)
- 1 (6oz.) package strawberry flavored gelatin
- 3 c. miniature marshmallows
- 1 (18 oz) package yellow cake mix, prepared as directed on package

Preheat oven to 350 degrees. Spread crushed strawberries on the bottom of a 9X13 inch baking pan. Evenly sprinkle strawberries with the dry gelatin powder and top with mini marshmallows. Prepare the cake mix as directed on the package and pour on top of the marshmallows. Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 40-50 minutes. Cool in the pan for 15 minutes. Run a knife around the pan to loosen the sides and turn the cake out onto a serving tray. Top with ice cream or whipped cream when serving. Store cake in the refrigerator.

Mon	Tue	Wed	Thu	Fri
			1 8:45-Stretch N' Balance 9:00-Woodcarving 10:00-Crochet 1:00-Canasta 5:30-Zumba Gold 6:30-D4F-Line Dancing 7:30-D4F	2 9:00- Walk & Stretch 9:30-Long Duplicate Bridge 12:00-Int. II Bridge
5 9:30-Short Duplicate Bridge 10:00-Bunco 1:00-Int. Bridge 1:15-Step & Flex 1:45-Sit N' Fit 5:30-Stained Glass Big Room activities cancelled after 5pm for setting up for Primary Elections	6 8:30-Legal Aid 8:45-Let's Get Kicking 10:00-Knitting 2:00 Faith Club 12:00-Int. II Bridge 1:30 Tai Chi  Big Room activities cancelled due to Primary Elections	7 9:00-Basketweaving 9:30-Contract Bridge 1:00-Canasta	8 8:45-Trim & Tone 9:00-Woodcarving 10:00-Crochet 10:30-Blood Pressure Checks 11:30-Ladies Lunch Bunch 11:30-Advisory Bd Mtg 1:00-Canasta 530-Zumba Gold 6:30-D4F-Line Dancing 7:30-D4F	9 9:00- Walk & Stretch 9:30-Long Duplicate Bridge 12:00-Int. II Bridge 6:30-Singles Supper Club
12 9:30-Short Duplicate Bridge 10:00-Bunco 1:00-Int. Bridge 1:15-Step & Flex 1:45-Sit N' Fit 5:30-Stained Glass 5:00-Inky Fingers 6:00-Line Dancing 7:00-Beg. Shag 8:00-Int. Shag	13 8:45-Dance Dance 10:00-Knitting 12:00-Int. II Bridge 1:30-Tai Chi 2:00-Annex 5:30-Zumba Gold 6:30-Adv. Ballroom Dance 7:30-Beg. Ballroom Dance 8:30-Int. Ballroom Dance	14 9:00-Basketweaving 9:30-Contract Bridge 1:00-Canasta	15 8:45-Stretch N' Balance 9:00-Woodcarving 10:00-Crochet 1:00-Canasta 530-Zumba Gold 6:30-D4F-Line Dancing	16 9:00- Walk & Stretch 9:30-Long Duplicate Bridge 12:00-Int. II Bridge 7:30-Monthly Dance
19 9:30-Short Duplicate Bridge 10:00-Bunco 1:00-Int. Bridge 1:15-Step & Flex 1:45-Sit N' Fit 3:00 Bingo 5:30-Stained Glass 6:00-Line Dancing 7:00-Beg. Shag 8:00-Int. Shag	20 8:45-Movin N' Groovin 10:00-Knitting 10am Sr. Spirit Day 12:00-Int. II Bridge 1:30-Tai Chi 5:30-Zumba Gold 6:30-Adv. Ballroom Dance 7:30-Beg. Ballroom Dance 8:30-Int. Ballroom Dance	21 8:45-Basketweaving 9:30-Contract Bridge 1:00-Canasta 1:30-Friends Bd. Meeting 3:00-Stammtisch	22 8:45-Trim & Tone 9:00-Woodcarving 10:00-Crochet 11:30 Monthly Luncheon 1:00-Canasta 530-Zumba Gold 6:30-D4F-Line Dancing 7:30-D4F	23 9:00- Walk & Stretch 9:30-Long Duplicate Bridge 12:00-Int. II Bridge
26 Senior Center closed for Memorial Day Holiday	27 8:45-Movin N' Groovin 9:00-Veterans Club 10:00-Knitting 12:00-Int. II Bridge 1:30-Tai Chi 5:30-Zumba Gold 6:30-Adv. Ballroom Dance 7:30-Beg. Ballroom Dance 8:30-Int. Ballroom Dance	28 8:45-Basketweaving 9:30-Contract Bridge 1:00-Canasta 1:30-Friends Bd. Meeting 3:00-Stammtisch	Subject to change	

Mon	Tue	Wed	Thu	Fri
2 9:30-Short Duplicate Bridge 10:00-Bunco 1:00-Int. Bridge 1:00-Sewing 1:15-Step & Flex 1:45-Sit N' Fit 5:30-Stained Glass 6:00-Line Dancing	3 8:45-Let's Get Kickin 10:00-Knitting 10:00-Fairview 12:00-Int. II Bridge 1:30-Tai Chi 5:30-Zumba Gold	4 9:00-Basketweaving 9:30-Contract Bridge 1:00-Canasta	5 8:45-Stretch N' Balance 9:00-Woodcarving 10:00-Crochet 11:30-Ladies Lunch Bunch 1:00-Canasta 5:30-Zumba Gold 6:30-D4F-Line Dancing 7:30-D4F	6 9:00-Walk & Stretch 9:30-Long Duplicate Bridge 12:00-Int. II Bridge
9 9:30-Short Duplicate Bridge 10:00-Bunco 1:00-Int. Bridge 1:00-Sewing 1:15-Step & Flex 1:45-Sit N' Fit 5:30-Stained Glass 6:00-Line Dancing 7:00-Beg. Shag 8:00-Int. Shag	10 8:45-Dance Dance 10:00-Knitting 2:00 Faith Club 12:00-Int. II Bridge 5:30-Zumba Gold 6:30-Adv. Ballroom Dance 7:30-Beg. Ballroom Dance 8:30-Int. Ballroom Dance	11 9:00-Basketweaving 9:30-Contract Bridge 1:00-Canasta	12 8:45-Trim & Tone 9:00-Woodcarving 10:00-Crochet 10:30-Blood Pressure Checks 1:00-Canasta 5:30-Zumba Gold 6:30-D4F-Line Dancing 7:30-D4F	13 9:00-Walk & Stretch 9:30-Long Duplicate Bridge 12:00-Int. II Bridge 6:30-Singles Supper Club
16 9:30-Short Duplicate Bridge 10:00-Bunco 1:00-Int. Bridge 1:00-Sewing 1:15-Step & Flex 1:45-Sit N' Fit 5:30-Stained Glass 7:00-Beg. Shag 8:00-Int. Shag	17 8:45-Let's Get Kicking 10:00-Knitting 12:00-Int. II Bridge 2:00-Annex 5:30-Zumba Gold 6:30-Adv. Ballroom Dance 7:30-Beg. Ballroom Dance 8:30-Int. Ballroom Dance	18 9:00-Basketweaving 9:30-Contract Bridge 1:00-Canasta	19 8:45-Stretch N' Balance 9:00-Woodcarving 10:00-Crochet 1:00-Canasta 5:30-Zumba Gold 6:30-D4F-Line Dancing 7:30-D4F	20 9:00-Walk & Stretch 9:30-Long Duplicate Bridge 12:00-Int. II Bridge 7:30-Monthly Dance
23 9:30-Short Duplicate Bridge 10:00-Bunco 1:00-Int. Bridge 1:00-Sewing 1:15-Step & Flex 1:45-Sit N' Fit 5:30-Stained Glass 5:00-Inky Fingers 7:00-Beg. Shag 8:00-Int. Shag	24 8:45-Movin N' Groovin 10:00-Knitting 12:00-Int. II Bridge 1:00-Get Connected 5:30-Zumba Gold  <b>Big Room Activities will be cancelled if Second Primary is needed.</b>	25 8:45-Basketweaving 9:30-Contract Bridge 1:00-Canasta 1:00-Get Connected 1:30-Friends Bd. Meeting 3:00-Stammtisch	26 8:45-Trim & Tone 9:00-Woodcarving 10:00-Crochet 11:30 Monthly Luncheon 1:00-Matter of Balance 1:00-Canasta 5:30-Zumba Gold 6:30-D4F-Line Dancing 7:30-DAF	27 9:00-Walk & Stretch 9:30-Long Duplicate Bridge 12:00-Int. II Bridge
30 9:30-Short Duplicate Bridge 10:00-Bunco 1:00-Int. Bridge 1:00-Sewing 1:15-Step & Flex 1:45-Sit N' Fit 3:00-Bingo 5:30-Stained Glass 7:00-Beg. Shag 8:00-Int. Shag			<i>Subject to change</i>	

There are property tax relief programs for eligible elderly and disabled residents of Stanly County. Eligibility requirements for the Elderly Exclusion include being a permanent resident of Stanly County, age 65 or older on January 1<sup>st</sup>, and having an income not exceeding \$28,600 for 2013. The Disabled Exclusion requirements include being a permanent resident of Stanly County, totally and permanently disabled, with an income not exceeding \$28,600 for 2013. Applications for this assistance should be filed between Jan. 1st-June 1st. Proof of income and disability must be provided with application. Please call the Stanly County Tax Administration Office at 704-986-3627 if you think you are eligible or if you have questions.

### SERVICES

**Golden Age Transportation** is a service provided through agreement with SCUSA to assist persons who are 60 and above to access community services on a pre-scheduled basis. Common uses are grocery shopping, nutrition site attendance, banking and medical appointments. Just call the Senior Center to apply at 704-986-3769.

**Telephone reassurance** is available through the "Are you OK?" program which provides a free call each day at a pre-arranged time to give seniors who may have limited social contact a reliable means of checking on their situation and condition. Family, friends or emergency personnel will be alerted if a need for help is suspected. Application can be made by calling the Senior Center at 704-986-3769.

Most **support groups** in the county are designed to be disease- or condition-specific. For example, the Alzheimer's Family Support Group meets at the Care Café on the 2<sup>nd</sup> Wednesday of each month at 10 AM. It is designed primarily for family members of persons with Alzheimer's. Hospice has grief support groups (contact Hospice for information). Several groups meet at the hospital, including support groups for diabetes, breast cancer, and strokes (contact SRMC for information). A group for grandparents raising grandchildren meets at the YMCA monthly (contact the YMCA for details).

**In-Home Aide Services** are designed to provide basic tasks needed to keep older adults (age 60+) at home as long as possible. A home visit is required to develop a specific plan of care listing the tasks to be performed and the time allotted. Services are usually provided once or twice per week and may include basic "weekly" housekeeping tasks, transportation, and/or personal care. Respite may also be provided to relieve an unpaid family caregiver. There is a long waiting list for this service. Contact Keith Nash at 704-986-3769 for more information or to be added to the waiting list.

**The Family Caregiver Support Program** provides services and supports for unpaid family caregivers of adults age 60+. Services may include information and assistance, caregiver training, information packets, an annual caregiver fair, temporarily respite care, and /or very limited help with incontinence supplies. In order to qualify for respite or incontinence supplies the care recipient must be age 60+ and need assistance with at least two basic Activities of Daily Living or be mentally impaired so that he/she requires substantial supervision. There must be an unpaid family caregiver who is assisting the person. Services are prioritized based on income and need for service. Contact Keith Nash or Mary Troutman at 704-986-3769 for more information.

**The Seniors' Health Insurance Information Program (SHIIP)** This program offers free guidance to people with Medicare who are uninformed, misinformed or just confused about insurance coverage. We can help you understand how Medicare works, what is covered and what to do next. You'll receive unbiased information in simple-to-understand terms from SHIIP counselors. For additional information contact Keith Nash at the Senior Center 704-986-3769 or contact NC Cooperative Extension at 704-983-3987.



# Monthly Dance

3rd Friday of the Month @ 7:30pm

May 16th—\$1 per person/with finger food

June 20th—\$1 per person/with finger food

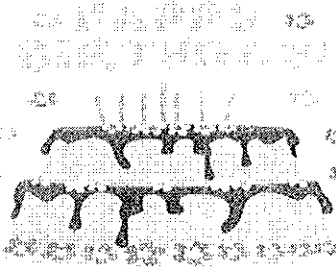


## Dancing For Fun

Ballroom Dance- Meets every Thursday at 7:30pm except the Thursday before the Monthly Dance

### 90+ BIRTHDAY PARTY

Plans are being made for our annual 90+ Birthday Party for Stanly County residents who are 90 years old and older. Please call 704-986-3781 or email Becky at [bweemhoff@stanlycountync.gov](mailto:bweemhoff@stanlycountync.gov) with names and mailing addresses of individuals who will be 90 years old or older by Dec. 31, 2014 so that an invitation can be mailed to them.



## TALK TO A NC LAWYER FOR FREE

Legal Aid of NC provides free legal advice and assistance to eligible senior adults in Stanly County. Seniors can call this toll free number (1-877-579-7562) for help or to set up an appointment. Seniors must be 60 years old and older and be a US legal resident to be eligible for this free service. They will be seeing appointments on

**Thursday, May 22nd.** You have to call the number above and make an appointment to be

### SERVICES—CONTINUED

### REGULAR ACTIVITIES

Woodcarving—The woodcarving group meets every Thursday from 9am-11am and will continue to meet through the Summer. If you are interested in learning how to carve, just show up! We are very proud of the all the participants'

### DROP-IN

*Please note, if you drop by for any reason, please swip you're my SeniorCenter key card or sign in as a drop in activity. We are required to show that you drop in for our NC Senior Center Certification. Thanks!*

Puzzles—The Senior Center has puzzles-one that we work at the center and several that are available for you to take home. So, if you are by (or have time in between appointments) just drop by.

Magazines—The Center has a wide variety of magazines. You can read them here or take them with you!

# Caregivers Corner

## ***Powerful Tools for Caregivers*** course offered

*Powerful Tools for Caregivers* is an evidence-based course designed to provide family caregivers with the tools they need to take care of themselves.

This program will help family caregivers:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase ability to make tough decisions
- Locate helpful resources.

Classes consist of six, 2- hour sessions held once a week. Two experienced class leaders will conduct each session. The class leaders will be Karen Grochowsky and Becky Tamaro from Bayada Home Health. Interactive lessons, discussions, and brainstorming will help you take the "tools" you choose and put them into action for your life. Each participant will receive a book with lots of caregiver tips. A light meal will be provided.

Participants are encouraged to attend all six sessions if at all possible since each session builds on the previous ones. There is no fee for the classes, although voluntary donations will be accepted toward the cost of meals and book. Respite care may be available to provide a "sitter" to stay with your loved one while you attend the class. (Contact the Senior Center for more information if respite is needed).

**Exact dates have not yet been firmed up but we are anticipating doing an early evening class in order to reach caregivers who are still working while still getting folks home before dark.** For more information or to be placed on an interest

## **ALZHEIMER'S AWARENESS AND HELP FOR CAREGIVERS**

McKenzie McCarthy, Miss Stanly County's 2014 Outstanding Teen, has chosen Alzheimer's Awareness for her platform. Alzheimer's disease and its cure are important to MacKenzie because her grandmother has suffered for this disease for 18 years. MacKenzie is selling Alzheimer's Awareness bracelets for \$2 each. All proceeds will go to the Stanly County Senior Services Department for respite care. Please contact MacKenzie at [mackenziejmcc@gmail.com](mailto:mackenziejmcc@gmail.com) if you are interested in purchasing a bracelet. Thank you, MacKenzie, for your efforts to raise awareness AND help family caregivers!

### **Senior Center Newsletter, "Center Piece" Subscription**

Please make checks payable to "Stanly County Senior Center."

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_ \$6, one year \_\_\_\_\_ \$12, two years

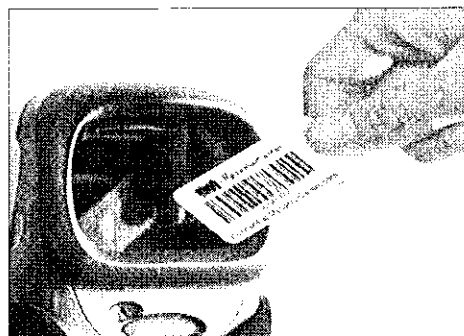
We ask for your patience as we roll out this program. This program is new to the staff and we will be striving to make sure this transition is as smooth as possible.

1. Fill out a registration form which is available at the front desk. These forms can be taken home or filled out in the lobby. Return completed form to the front desk. Volunteers will be entering your information into the computer and will assign a "key card" to you with your own individual number.

**3. Once you receive your key card, you will swap your card by the scanner each time you come to the Senior Center. You will not need to use the sign in sheets in the lobby any more.**

The system is designed to be very user-friendly. Staff and trained volunteers will be available until all “sign-ins” are going smoothly and easily! More information will also be available at the center and you can try it out during the month of May.

**If interested in volunteering to help the Senior Center roll out the myseniorcenter sign in program, please call the front desk or email Becky Weemhoff at [bweemhoff@stanlycountync.gov](mailto:bweemhoff@stanlycountync.gov).**



# Stanly County Senior Services Dept.

A NC Certified Senior Center of Excellence

283 North Third Street

Albemarle, NC 28001

704-986-3769

Office Hours 8:30am-5pm, Mon.-Fri. Activity Hours Vary

<http://www.co.stanly.nc.us/departments/seniorservices.aspx>



*The mission of the Senior Services Department is to enhance the quality of life for older adults in Stanly County by providing a range of services, programs, supports, and opportunities for adults 60 years old and older.*

## Friends of the Senior Center Membership

The nominal membership entitles all members to two free luncheons a year which includes great entertainment. You will also receive the Friend's newsletter. Most importantly, membership in the Friends of the Senior Center supports YOUR Senior Center in Stanly County. **Membership donations that exceed the individual or family membership fees are tax deductible.**

\*NAME: \_\_\_\_\_

\*MAILING ADDRESS: \_\_\_\_\_

\*E-MAIL ADDRESS: \_\_\_\_\_

\*TELEPHONE: \_\_\_\_\_

\*=REQUIRED INFORMATION

TYPE OF MEMBERSHIP:

INDIVIDUAL=\$10 \_\_\_\_\_

FAMILY=\$20 \_\_\_\_\_

DONOR=\$50 \_\_\_\_\_

PATRON=\$100 \_\_\_\_\_

BENEFACTOR=\$500 \_\_\_\_\_

ANGEL=\$1000 \_\_\_\_\_

